Composition of treatment alliance in bipolar disorder: a cross-sectional study of patients' perspectives

STROBE Statement—checklist of items that should be included in reports of observational studies

Item No **Recommendation**

1. **Title and abstract**

(*a*) Indicate the study's design with a commonly used term in the title or the abstract

Cross-sectional design mentioned in title

(*b*) Provide in the abstract an informative and balanced summary of what was done and what was found

Structured abstract has been provided

Introduction

2. Background/rationale Explain the scientific background and rationale for the investigation being reported

The lack of research on the composition of treatment alliance among patients from conventional psychiatric settings has been mentioned. Research is to determine if the construct of alliance is different in bipolar disorder (BD) from psychotherapeutic settings

3. Objectives State specific objectives, including any pre-specified hypotheses

This study examined the composition of treatment alliance among outpatients with BD attending a hospital-based psychiatric service. Based on the existing evidence regarding treatment alliance, it was hypothesized that a broader construct of the alliance was more likely to exist among such patients.

Methods

4. Study design Present key elements of study design early in the paper

This was a cross-sectional study. A consecutive sample of adult outpatients with BD were selected.

5. Setting Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection

The study was conducted in the psychiatric unit of a multi-specialty hospital in north India. The sample was recruited over 12 months (September 2018-2019).

6. Participants
(*a*) *Cohort study*—Give the eligibility criteria, and the sources and methods of selection of participants. Describe methods of follow-up
Case-control study—Give the eligibility criteria, and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls

Cross-sectional study—Give the eligibility criteria, and the sources and methods of selection of participants

This has been done in the Methods section.

(*b*) *Cohort study*—For matched studies, give matching criteria and number of exposed and unexposed

Case-control study—For matched studies, give matching criteria and the number of controls per case

7. Variables Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable

All variables of interest have been clearly defined. Diagnostic criteria have been mentioned.

8. Data sources/ measurement For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group

Data sources and assessment measures have been specified.

9. Bias Describe any efforts to address potential sources of bias

Biases that could arise from mood state were addressed by including remitted patients. Biases that could arise from inadequate recall were addressed by involving caregivers in assessments . Biases that could arise from inability to understand questions were addressed by the investigator reading out all questions.

10. Study size Explain how the study size was arrived at

Sample size estimation, based on non-adherence rates of 30% indicated that a minimum of 160 patients was required (alpha= 80%; $p < 0.05$).

11. Quantitative variables Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why

This has been done.

12. Statistical methods
(*a*) Describe all statistical methods, including those used to control for confounding
(*b*) Describe any methods used to examine subgroups and interactions
(*c*) Explain how missing data were addressed
(*d*) *Cohort study*—If applicable, explain how loss to follow-up was addressed
Case-control study—If applicable, explain how matching of cases and controls was addressed

Cross-sectional study—If applicable, describe analytical methods taking account of sampling strategy

Statistical methods have been described in detail.

(*e*) Describe any sensitivity analyses

Results

13. Participants

(a) Report numbers of individuals at each stage of study—e.g. numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed

Of the initial consecutive sample of 250 patients examined over 18 months, 90 had to be excluded because they did not meet selection criteria.

(b) Give reasons for non-participation at each stage

See above.

(c) Consider use of a flow diagram

(a) Give characteristics of study participants (e.g. demographic, clinical, social) and information on exposures and potential confounders

Detailed participant profiles and scores have been provided.

(b) Indicate number of participants with missing data for each variable of interest

No missing data.

14. Descriptive data

(c) *Cohort study*—Summarise follow-up time (eg, average and total amount)

Cohort study—Report numbers of outcome events or summary measures over time
Case-control study—Report numbers in each exposure category, or summary measures of
exposure

15. Outcome data
Cross-sectional study—Report numbers of outcome events or summary measures

This has been done.

16. Main results

(*a*) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (e.g., 95% confidence interval). Make clear which confounders were adjusted for and why they were included

This has been done.

(*b*) Report category boundaries when continuous variables were categorized

This has been done.

(*c*) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period

17. Other analyses Report other analyses done—e.g. analyses of subgroups and interactions, and sensitivity analyses

All other analyses including results of factorial analysis have been reported in detail.

Discussion

18. Key results Summarise key results with reference to study objectives

This has been done.

19. Limitations Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias.

This has been done.

20. Interpretation Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence.

This has been done.

21. Generalisability Discuss the generalisability (external validity) of the study results

This has been done.

Other information

22. Funding Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based.

The study was not funded. This has been mentioned.